

## Synopsis of the Gates of Grief, from Frances Weller's book, "The Wild Edge of Sorrow"

*"Grief and love are sisters, woven together from the beginning. Their kinship reminds us that there is no love that does not contain loss and no loss that is not a reminder of the love we carry for what we once held close."*

Francis Weller

### The 5 (or more) Gates of Grief

- 1 All that we love we will lose
  - ***The first Gate of Grief reminds us that change is universal.***
  
- 2 The places that did not receive love
  - ***With the second Gate we identify places that may have been neglected or rejected.***
  
- 3 The sorrows of the world
  - ***The third Gate is where we feel for global causes of suffering.***
  
- 4 What we expected but did not receive
  - ***With the fourth Gate, we face our disappointments and loss of dreams;***
  
- 5 Ancestral grief
  - ***The fifth Gate helps us to recognize the pain that we carry for those who came before us.***
  
- 6 Trauma (Francis Weller's optional gate)
  - ***The sixth Gate is where extremes of shock and brutality might lie.***
  
- 7 The harm I have caused to myself and others (from Sophy Banks)
  - ***This extra Gate allows us to identify what makes us feel regret or guilt.***
  
- 8 Anticipatory grief (Sarah Pletts)
  - ***In these times of change, this final Gate represents the fear of what is to come.***